# Exercise Manual Updates

Thank you for your purchase. Below you will find some additions and / or changes to your Exercise Guide. Please read carefully before beginning your exercise program.

**1. New Upgraded Leg Cuff Assembly.**

Your VigorFit™ Gym includes a new upgraded leg cuff assembly. Easy instructions for assembling your new leg cuff assembly can be found in your User Manual.

At the request of instructors and customers we have upgraded the leg cuff assembly. The old assembly used to attach to the arm pulleys. While very effective, our instructors felt that this kept the leg ropes too close to the users body and face.

To resolve this situation, we have added a separate pulley exclusively for the leg cuff assembly. This new style leg cuff assembly works the same way as the old but the ropes have been lifted above your head and further away from your body for a more efficient workout.

All exercises illustrated in your Exercise Guide will be performed exactly as shown even though the assembly looks slightly different.

**2. Be Sure to Remove All Accessories.**

When not in use, we recommend that you remove accessories. For example, the Pull Up Bar should only be left in position on the gym when in use. When using the cables, you must remove the Pull Up Bar accessory to avoid rubbing.

**3. Resistance Calculation.**

Below find revised resistance calculations for the ten top incline levels on the VigorFit™. The below results are the average of three forces tested – Static Force, Motion Force & Peak Force. Resistance will vary throughout the range of motion so an average is provided. Static Force is the force needed to hold the load in place. Motion Force is the force at speeds of approximately 20 reps/minute. Peak Force is the force required to reverse the direction of the board at the beginning of each new cycle.

| Incline Level | Average % w/ Pulleys |
|---|---|
| 11 | 72.7% |
| 10 | 66.2% |
| 9 | 63.0% |
| 8 | 58.8% |
| 7 | 56.1% |
| 6 | 53.8% |
| 5 | 47.6% |
| 4 | 45.4% |
| 3 | 41.4% |
| 2 | 41.8% |